



What a wonderful tea party!

The forum's tenth anniversary was celebrated on 6th August in the beautifully decorated Sun Room at the Azur, St. Leonards. Two hundred members and guests enjoyed a delicious afternoon tea at flower-decorated tables, sunlight flooded in, and there were beaming smiles as members chatted to old friends and made new ones.

John Appleyard

Pam Brown OBE the forum's president, spoke about the late John Appleyard our forum's founder, and said that she believed he would be delighted that the forum had exceeded a thousand members, and led to the formation of seniors' forums throughout the country. Amber Rudd MP had been asked to open the event but was delayed, and so the mayor kindly stepped in.



The Forum's achievements

The forum's chair, Ann Lowndes spoke about some of the many achievements over the years, and next month's launch of a local Dementia Action Alliance.

Entertainment was provided by the Parkin Songsters who delighted everyone by singing old favourites. Tea was served, and then the free raffle tickets that had been given were drawn for prizes ranging from a basket of fruit to a weekend's car hire, and that had been generously donated to the forum by a variety of organisations.

Thank you

Paul Broadhurst, the forum's vice-chair brought the party to a close and thanked East Sussex County Council and Hastings Borough Council for helping to fund the forum, and the Azur's staff for their assistance.



The forum committee is very grateful to Val Batty, Pam Webb and Paul Broadhurst for their hard work in planning the tea party, Derek Alexander for obtaining an excellent variety of prizes, and the Sussex Foundation Trust who generously funded the event. Our thanks also go to the numerous members who have told us verbally, by email and letter how much they enjoyed the celebration.

More party photos on page 3

Diary Dates

- Thurs 25 Sept Dementia Action Alliance 9.30 - 12.00 Azur, St. Leonards**
Tues 30 Sept Coffee Morning 10.30 - 12.00 Friends Meeting House, Hastings
Weds 1 Oct Craft & Hobbies Fair 10.30 - 2.30 The Azur, St. Leonards
Thurs 2 Oct Wii Session 2.30 – 4.30 Friends Meeting House, Hastings
Fri 17 Oct HSSF's AGM 2pm White Rock Hotel, Hastings
Tues 28 Oct Coffee Morning 10.30 - 12.00 Friends Meeting House, Hastings
Thurs 6 Nov Wii Session 2.30 -4.30 Friends Meeting House, Hastings
Tues 25 Nov Christmas Coffee Morning 10.30 - 12.00 Friends Meeting House

The Forum's Special Interest Groups' Chairs

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Please contact the above if you would like information or to join a group

Other Contacts

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Vice-Chair: Paul Broadhurst

Secretary: Derek Alexander

Chair: Ann Lowndes

Treasurer: Ken Hales

Newsletter: Paul Broadhurst

Membership Secretary & Website

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membership@hssf.org.uk

Sparkling Summer Celebration for 10th birthday



Observer Editor Keith Ridley, Ann Lowndes & Amber Rudd MP



Roger Sweetman & Paul Broadhurst



The delicious cake



The Parkin Songsters



Pam Webb & Brett McLean

Launch of a local Dementia Action Alliance

Our next step in the forum's efforts to aid people affected by dementia is a meeting to launch a Dementia Action Alliance group for Hastings & St. Leonards. Similar organisations have already been formed and are operating in many towns nationwide.

The meeting will be on Thursday, 25th September at the Azur, Marina, St. Leonards. Registration is from 9.30 am with the meeting taking place from 10 am to 12 noon.

Esther Watts, the South East Information Officer of the Alzheimer's Society will be our key speaker and we will have others who are knowledgeable about dementia.

Invitations have been sent to a wide variety of organisations serving the community including businesses, supermarkets, banks, and to others who come in contact with the public daily.

Forum members are also most welcome to attend, but for seating and refreshment purposes (tea/coffee will be provided) we do need to know in advance if you would like to attend. Please contact Cheryl Davis at Hastings Voluntary Action on (01424) 44010 or email cheryl@hva.org.uk.

Save Our Bus Services!

East Sussex County Council subsidises some of our bus services, and is seeking to save £1.79m by reducing its support for services throughout the county that are not commercially viable.

In our town there would be no subsidies for any evening or Sunday services, and the withdrawal of this support could mean that the services could cease to operate. The dial-a-ride service would also be cut-back from operating five days a week to two, and supported off-peak daytime services that currently operate hourly would change to two-hourly.

I believe that if implemented, the proposals would cause considerable hardship for the town's older residents, for many of whom there is no alternative other than to travel by bus to attend doctor's appointments, shop, and meet their friends and relatives.

The forum vigorously opposes the proposed cuts which would adversely impact significantly more on older people than other age groups. A forum petition that I created is attracting a growing number of signatures, and it is essential that we all make our views known. ESCC has a survey form detailing the proposals, and copies can be obtained from Hastings Lending Library, but they must be completed and returned by **28th September**. The form can also be completed online and a link to it and further information is on the Notice Board on the forum's website www.hssf.org.uk. Scroll down to Bus Services – All Change?

Now that I have taken on editing the newsletter, Roger Sweetman has taken over from me as chair of the Transport SIG, and he can be contacted at transport@hssf.org.uk.

Paul Broadhurst

Perseverance pays off!

We are delighted to report that £5 million has recently been identified to tackle high levels of obesity and smoking along with cancer diagnoses, mental health issues, and chronic obstructive pulmonary disease (COPD) in Hastings & Rother.

We feel that this news, announced by Catherine Ashton, Assistant Director NHS at a meeting of the East Sussex Partnership Board which was attended by two Senior's Forum members, is just reward for the tenacity of Aubrey Ingleton, who was until recently chair of the forum's Health & Social Care special interest group. Aubrey has persistently called for action on local health inequalities compared to the rest of East Sussex, and we are very grateful that he has done so. Well done Aubrey!

We look forward to welcoming the action plan that has been promised, and to much better news on local health issues in the future.

World War I Commemorations

Visit to Hastings Museum's WWI Exhibition

Catherine Harvey Education Officer & Keeper of World Art at Hastings Museum welcomed us on 12th August to the Hastings Remembers exhibition. Fifty people came despite the rain to hear a talk about the items on display and then were treated to coffee, cake and listened to music played by Sally Layne in WWI dress. There was also another short presentation about the Gasson family in Hastings and their war record. Many thanks go to Catherine, the staff and volunteers for what was a very pleasant morning.

Ann Lowndes



Sally Layne



Members at the museum

World War I Memorabilia Coffee Morning
Forum members brought along their family letters, photos and other items for a display that aroused considerable interest, and provided a fascinating glimpse into life during WWI.



**Left: Ann
Right: Mike,
Vilna &
Pam at the
Forum's
WWI
Coffee
Morning**



“I would like to thank all the members who have generously responded to my appeal in the last newsletter and given prizes for the coffee morning tombolas”.

Pam Webb

**Above left: Patrick, Val, Ann & Pam
Armed Forces Day in Alexandra Park**

Celebrating Older People's Day

Craft & Hobbies Fair

Wednesday 1st October 10.30 to 2.30

The Azur Marina St. Leonards

(98/99 buses stop outside)

To be opened by local author Victoria Seymour

Free entry

Free tea/coffee

Lace making

Tombola

Stalls

Spinning

Family History

Please note the new venue for this very popular free event

BEHIND THE WHEEL – BUT FOR HOW LONG?

asks our publicity officer Ann Fergy

AT what age should we give up driving?

Should there be a law restricting our life behind the wheel – in the same way that there is a restriction on the age at which we can start driving?

It's a highly contentious matter and it certainly revs into the spotlight following a tv programme featuring centenarians still behind the wheel.

Within the forum there are a number of drivers in the over 70 group and several in their 80s but no 100-year-olds – unless you know better!

There's no doubt that many older drivers are skilled, careful and experienced after years on the road.

But are they liable to be suddenly hit by something out of the blue that impairs their driving – such as a dizzy spell or a heart attack?

It's all very well that the over 70s have to fill in a new driving licence application every three years in which they answer questions related to health issues which could impair their driving but what if they suddenly develop them out of the blue?

Bearing in mind the amount of traffic on our roads in the south east these are important factors which need to be considered.

Do let us know your views – contact Ann by email on annterryfergy@gmail.com or write in to the forum at our Jackson Hall, Portland Place, office – and we'll report back in our next issue!

**Any ideas or comments are most welcome by the Forum. Please write to
The Secretary, HSSF, Freepost RSUK-TELG-TCGX-, Jackson Hall, Portland Place,
Hastings TN34 2QN**



HASTINGS & ST LEONARDS
SENIORS' FORUM

Notice of Annual General Meeting

Notice is hereby given that the 10th Annual General Meeting of the Hastings & St. Leonards Seniors' Forum will be held on **Friday, 17th October at 2pm at the White Rock Hotel, White Rock, Hastings** to transact the following business:-

1. To receive and approve the accounts for the year ending on 31st March 2014
2. To receive and approve the Chair's report.
3. To elect the committee and officers.

By Order of the Management Committee

Please note that the White Rock Hotel is being used for this year's AGM because the Town Hall lift is not currently operational. There are steps at the entrance, but a ramp will be available

Please submit your nominations (which must be signed by the nominee) by **October 3rd** to:- The Secretary, HSSF, FREEPOST RSUK-TELG-TCGX, Jackson Hall, Portland Place, Hastings, TN34 1QN.

Please note that late nominations can be made at the AGM. The form below may be photocopied if another one is required or to receive one by post please contact Paul Broadhurst the Vice-Chairman on 01424 446168.

Please detach the form below

Nomination Form for election of Committee Member (Please print clearly)

Nominee's name _____

Nominee's address _____

Nominee's signature _____

Nominated by

Seconded by

Name _____ Name _____

Address _____ Address _____

Police & Crime Commissioner to be our AGM guest speaker

We are pleased to have as our guest speaker at this year's AGM, Katy Bourne the Police & Crime Commissioner for Sussex.

Mrs Bourne, who is also a school governor lives in Mid-Sussex with her husband and two grown-up sons.



Newsletter editor Leon resigns owing to ill-health

Leon Tuppen has been a stalwart of the forum for many years, and in addition to editing the newsletter he is a committee member, has taken photographs at numerous events, been a member of the Health & Social Care and Planning & Regeneration special interest groups.

Unfortunately, Leon is unwell, and has resigned from editing the newsletter. I have taken on the role on a temporary basis.

The committee join me in wishing Leon a speedy recovery, and we look forward to having him back with us as soon as possible.

Paul Broadhurst

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This publication is supported by East Sussex County Council & Hastings Borough Council
Hastings & St. Leonards Seniors' Forum is a member of East Sussex Seniors' Association

